


#190 A Letter of Gratitude to Lessons in Abandonment

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Dear People,

Though your absence was painful I want to express my gratitude for the lessons I've learned through the challenges I faced when you left. While I needed you most it was in your departure that I found my inner strength and resilience.

Your absence pushed me to grow in ways I didn't expect teaching me how to rely on myself and trust in my own abilities. Though it hurt it opened my eyes to the importance of self-reliance, independence and the value of the people that truly matter.

Thank you for unknowingly helping me become stronger, wiser and more aware of the people who truly stand by me.

“Sometimes, it is in the absence of others that we find our own strength and learn the true value of self-reliance.”

With gratitude,
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